

Fall Wellness Series

Begins Tuesday, September 18th

**Classes are held on Tuesdays, 1pm-2pm, in Conference Room 205.
Pre-registration is required.**

**Each class costs \$6 or Santa Clara senior discount of \$5.
Join us for some interesting discussion and up-to-date information!**

Cholesterol: The Good, The Bad, The Ugly
#46910 Tuesday, Sept. 18 – 1:00pm – 2:00pm
Some cholesterol is good and too much is bad. Cholesterol is a fatty substance that has several functions throughout the body. Knowing your cholesterol levels is useful in staying healthy. Join us for an interesting overview and learn what is important know.
Instructor: Larisa Polozova, RN, MSS

Planning Your Final Party
#46912 Tuesday, Oct. 16 – 1:00pm – 2:00pm
Making your own final arrangements can be a comfort and a gift to ourselves and to our families. There are lots of choices and options to consider. Join our discussion to begin thinking about the end, and to share your ideas and experiences.
Instructor: Mallory von Kugelgen, RN, PHN, Care Manager.

Disaster Preparedness
#46914 Tuesday, Nov. 13 – 1:00pm – 2:00pm
Nobody knows when Mother Nature will throw us for a loop. We may need to depend on our own survival skills. Learn the supplies to have on hand in your home and in your car. Learn how to put a plan in place in case the unexpected happens.
Instructor: Mallory von Kugelgen, RN, PHN, Care Manager.

Remember to Breathe: Stress Reduction
#46911 Tuesday, Oct. 2 – 1:00pm – 2:00pm
Change and conflict are inescapable parts of daily life. Whether the change is good or bad, our bodies and minds may react by becoming stressed. This class will describe stress and its effects, and we'll learn a few relaxation techniques you can use.
Instructor: Larisa Polozova, RN, MSS

Creating a Safe Place to Live
#46913 Tuesday, Oct. 30 – 1:00pm – 2:00pm
In this class, we'll go beyond the basic, home-safety-checklist and explore the less talked about aspects of safety that are particular to older adults. We'll send you home with information that will help you in your efforts to stay safe.
Instructor: Mallory von Kugelgen, RN, PHN, Care Manager, and Wendy Talbert, RN, BSN.

Actively Aging
#46915 Tuesday, Nov. 27 - 1:00pm - 2:00pm
Feeling frustrated about those extra pounds that have crept onto your body or the aches and pains in your joints and muscles? Join us to explore tips and resources that can help turn minutes a week into decades of better health!
Instructor: Renee Furtado, RTC,CTRS, and Wendy Talbert, RN, BSN.

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